

Hot Water for Sick Headaches

Tells why everyone should drink hot water with phosphate in it before breakfast.

Headache of any kind is caused by auto-intoxication—which means self-poisoning. Liver and bowel poisons, called toxins, sucked into the blood, through the lymph ducts, excite the heart which pumps the blood so fast that it congests the smaller arteries and veins of the head, producing violent, throbbing pain and distress, called headache. You become nervous, despondent, sick, feverish and miserable, your meals sour and almost nauseate you. Then you resort to aspirin, salicin or the bromides which temporarily relieve but do not rid the blood of these irritating toxins.

A glass of hot water with a teaspoonful of limestone phosphate in it, drunk before breakfast for awhile, will not only wash these poisons from your system and cure you of headache but will cleanse, purify and freshen the entire alimentary canal.

Ask your pharmacist for a quarter pound of limestone phosphate. It is inexpensive, harmless as sugar, and almost tasteless, except for a sourish twinge which is not unpleasant.

If you aren't feeling your best, if tongue is coated or you wake up with bad taste, foul breath, or have colds, indigestion, biliousness, constipation or sour, acid stomach, begin the phosphate hot water cure to rid your system of toxins and poisons.

Results are quick and it is claimed that those who continue to flush out the stomach, liver and bowels every morning never have any headache or know a miserable moment.



Rip Van Winkle was a lucky man.

And the reason for the statement must at once occur to you.

Because we're mighty sure that there must have lived a few.

Who could furnish him with something that resembled Bran-New.

City Brewery

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BACK FROM MEXICO



This photograph shows some of Major Tompkins' troops returning from Parral, where they had the first fight of American troops in Mexico. Major Tompkins led the hunt for Villa, having gone further into Mexico than any other American troops. But he has been ordered back to San Antonio, Mexico, and this photograph shows some of his men on the backward march.

Cereal Trade Weaker Everywhere

Little Business is Moving in Northwest

PORTLAND, Ore., May 30.—The cereal trade of the world was again weaker for the day. In the Chicago market the early trading was under pressure with price rises for the options.

Liverpool market for wheat was weak with Manitoba and winters under extreme pressure of large shipments. Spot wheat ruled 1d to 2d lower than Saturday.

Seemingly the weak kneed farmers have about sold their wheat supplies at Pacific northwest points. While there is free offering of wheat in the interior by growers, they are demanding better prices than the prevailing market will stand.

Oats business is confined entirely to the local territory with interior buying continued at former prices.

Grain bag market remains very dull with no general change in either the price or outlook.

Flour—Selling price Patent, \$5.20; Willamette valley, \$4.90; local straight \$4.60; bakers' local, \$4.80; 5.20; Montana spring wheat, \$5.20; exports, \$4.50; whole wheat, \$6.55; graham, \$5.40; rye flour, \$5.35 per barrel.

Hay—Buying price: Willamette valley timothy, \$21.00; alfalfa, \$21.00.

@22; vetch and oats, \$18; clover, \$16. Grain sacks—1916 nominal No. 1 Calcutta 13c, in carlots; less amounts are higher.

Roller oats—\$4.50; \$6.75 per barrel. Rolled barley—\$21.50; \$22.50 per ton.

HOG MARKET SHOWS WEAKER TONE WITH SHARP PRICE LOSS

PORTLAND, Ore., May 30.—There was an extreme run with extreme weakness in the hog division of the North Portland market at the start of the week's trade. First of all to force the more bearish price situation was the announcement of a total run of about 4900 head compared with 2789 head last Monday and 1974 head a year ago.

While a small amount of business was done early in the day at \$8.85, killers here were not generally bidding above \$8.55; \$8.75, a sheer decline of \$25c per hundred pounds from previous prices. While it is quite possible that some small lots would bring above these figures later, still the general market was weak and depressed as the quotations noted.

General hog market range:
Choice light weights, nom. \$8.75; \$8.85
Good light weights, \$8.60; \$8.70
Medium weights, \$8.40; \$8.50
Rough and heavy, \$8.00; \$8.25

California Cattle Steady.

Eleven loads of California cattle came forward for the initial market of the week at North Portland. Most of the stuff, while fat, was rough and coarse and for that reason did not meet with extreme favor among buyers.

In general the cattle market was considered just about steady around previous quotations.

General cattle market range:
Choice hay-fed steers, \$8.50; \$8.50
Choice grass steers, \$8.25; \$8.50
Ordinary to common steers, \$8.00; \$7.00
Choice cows, \$7.50; \$8.00
Ordinary to common cows, \$7.25; \$7.35
Choice heifers, \$7.50; \$7.75
Ordinary heifers, \$7.00; \$7.25
Choice bulls, \$5.50; \$6.00
Good to fair bulls, \$4.00; \$5.00
Ordinary to common bulls, \$2.00; \$2.75
Best light calves, \$8.00
Good calves, \$7.00; \$7.50

Better Run of Sheep.
A fair increase in the marketing of sheep and lambs was shown on the first day of the week at North Portland. Total offerings were 1325 head compared with 535 head last Monday and 1175 head this same day a year ago.

General mutton and lamb market conditions were about steady at previous prices.

General shorn mutton and lamb range:
Select spring lambs, \$8.50; \$9.00
Best yearlings, \$7.75
Good to common wethers, \$7.50
Best ewes, \$5.75; \$6.00
Good to common ewes, \$5.00; \$5.50

NORTHWEST TO CALL CALIFORNIA'S BLUFF ON APPLE SHIPMENTS

PORTLAND, Ore., May 30.—The threat of California interests to condemn Oregon and Washington apples this season, has created much interest in the local trade as well as in the Pacific northwest generally.

The trade points to the fact that California has been the most persistent violator of the laws of good marketing and that the trade here as well as elsewhere has accepted stock from there that should have been condemned.

This applies alike to fruit and vegetables. The agitation in the northwest against the importation of tuber moth potatoes from California is still too recent for the trade here to have forgotten. The Oregon and Washington potato industry was placed in danger of being ruined by the importation of the California infected stock but beyond the condemnation of a few small lots no trouble was experienced by California in entering this market. In fact samples of the tuber moth were secured in potatoes that had been sold upon the open market here.

While local interests are by no means making threats against California, some of the leaders assert that if California proposes to shut out from that state's market the products of the northwest, then the northwest will follow suit against all California products. The fact that California ships to the northwest many times as much fruit and other produce as the northwest ships to the south is believed to be sufficient cause to force the southern interests about going slow in discriminating against anything that competes with the so-called "native son" product.

VALLEY WOOL IS NOW QUOTED AT 34 CENTS

PORTLAND, Ore., May 30.—One of the leading local buyers announced during the day that he would pay the following prices for wool:

Willamette valley, medium and coarse, 23¢; 34c.

Eastern Oregon, medium and coarse, 28¢; 30c.

Eastern Oregon, fine and fine medium, 18¢; 25c.

The firm announces that for burry wool 5c less would be paid, and for timber stained 2c less per pound.

For mohair the firm quotes good long, staple, Oregon and Washington at 35c; good short staple Oregon, California and Washington, 32c and burry mohair 20c a pound.

These prices are for delivery at Portland. Wool that is damp and full

SOLDIER AND SAILOR DEAD ARE HONORED TODAY

MEMORIAL DAY 1916.



FUTURE AND PAST DEFENDERS OF "OLD GLORY" EXCHANGE GREETINGS

Today is Memorial Day and honored. In every cemetery today flowers on the graves of those who throughout the land the memory of the surviving members of the Grandisoned to the great call to save the heroes on sea and land is being Army of the Republic will go to place in nation.

Cook With Gas

and be
Cool
Clean
and
Comfortable

Are You Using It?

of tags will not receive the prices noted.

BASEBALL RESULTS.

NATIONAL LEAGUE.

At Boston—
New York 3 7 0
Boston 0 5 3
At Pittsburgh—
Cincinnati 6 10 0
Pittsburgh 1 5 1
At Philadelphia—
Brooklyn 3 8 4
Philadelphia 2 4 3

AMERICAN LEAGUE.

At Detroit—
St. Louis 8 14 1
Detroit 2 8 3
Second game:

Detroit 17 18 3

St. Louis 6 10 6

At New York—

Boston 3 8 9

New York 0 3 1

At Washington—

Philadelphia 5 7 3

Washington 5 7 1

Catarh Cannot Be Cured

with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarh is a local disease, greatly influenced by constitutional conditions, and in order to cure it you must take an internal remedy. Hall's Catarh Cure is taken internally and acts thru the blood on the mucous surfaces of the system. Hall's Catarh Cure was prescribed by one of the best physicians in this country for years. It is composed of some of the best tonics known, combined with some of the best blood purifiers. The perfect combination of the ingredients in Hall's Catarh Cure is what produces such wonderful results in catarh conditions. Send for testimonials, free. P. J. CHENEY & CO., Props., Toledo, O. All Druggists, 75c. Hall's Family Pills for constipation.

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Washington, D. C., Oct. 6, 1915.

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By C. S. Hamlin, Governor.

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GEORGE W. COULTS, ATTORNEY at law. Estates settled, wills, deeds, mortgages and contracts drawn. Collections made. Room 17, Schmidt block.

FEE & FEE, ATTORNEYS AT LAW. Office in Despain building.

CARTER & SMYTHE, ATTORNEYS at law. Office in rear of American National Bank building.

JAMES P. PERRY, ATTORNEY AT law. Office over Taylor Hardware company.

PETERSON & BISHOP, ATTORNEYS at law; room 3 and 4, Smith-Crawford building.

DOUGLAS W. BAILEY, ATTORNEY at law. Will practice in all state and federal courts. Rooms 7, 8 and 9, Despain building.

FREDERICK STEIWER, ATTORNEY at law. Office in Smith-Crawford building.

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